



GOLD QUICKSTEP - SIDE 1

<u>Long Side</u>	<u>Timing</u>	<u>Alignment</u>
Prep if starting this side	7,8	F DW
Natural Spin Turn (under turned to E BDC ag LOD) Progressive Chasse to DC	SQQ, SSS SQQ, SS	B DC as LOD Moving DC
Quick open Reverse	SQQ	F DC
Reverse Pivot	S	B LOD
Double Reverse Spin	SSQQ	F DC
Double Reverse Spin	SSQQ	F LOD
Cross Swivel	SS	
Fishtail	SQQQQS	F DW
Tipsy to L	S Q&Q	DW to B DW
Tipsy to R	Q&Q	to LOD
Tipsy to L	Q&Q	to B LOD
2-5 Back lock	QQS	B LOD
<u>Into Short Side</u>		
Closed Impetus	SSS	B LOD, B DC
Six Quick Run	QQQQQQ	B DC, F DW
Natural Spin turn	SQQ, SSS	F DW, B DC
Reverse Pivot	S	F LOD
Reverse turn Chasse	SQQ	F LOD, B DW
Hover Corte	SSSS	B DW Ag LOD, B DC New LOD
2-12 V6	QQS	B DC, F DW

Restart

*Based on ISTD Syllabus



GOLD QUICKSTEP - SIDE 2

<u>Long-side</u>	<u>Timing</u>	<u>Alignment</u>
Prep Step	7,8	F DW
Natural Spin Turn	SQQ, SSS	F DW, E B DC
V6 (overtuned to finish DC)	QQS, SQQS	B DC, E Facing DC
Quick Open Reverse	SQQ	DC to B LOD
Four Quick Run	SQQQQS	B LOD
Tipsy to L	SQ&Q	F DW, E Back DW
Tipsy To R	Q&Q	B DW , E down LOD
2-5 Forward lock	QQS	Down LOD, E Face DW New LOD
<u>Into Short Side</u>		
1-5 Natural turn or Natural pivot turn	SQQSS	F DW, End F
LOD *Rumba Cross x 2	QQS, SQQS	F LOD, E LOD
5 -11 Running Right Turn	SSS, QQS	F LOD, E DW new LOD
*Forward Lock	SQQS	F DW new LOD

* delete if needed for floor length

Restart

*Based on ISTD Syllabus